



Sancocho de Gallina

While variations of Sancocho exist around the Spanish-speaking world, Panama's version comes from the Azuero region and features free-range chicken. Usually served with white rice on the side, Sancocho's ingredients represent its' melting pot culture.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 1 hour and 30 minutes

Ingredients ↓

- 1 roasting chicken cut into pieces, or 3 pounds chicken breasts
- 3 teaspoons salt
- ¼ teaspoon pepper
- 1 tablespoon fresh cilantro or parsley, minced
- 1 teaspoon dried oregano
- 3 cloves garlic, minced
- 2 teaspoon olive oil
- 1 large onion, chopped into bite-sized pieces
- 3 pounds yucca root or sweet potato, peeled and chopped into bite-size pieces
- 4 cups chicken stock
- Salt and pepper to taste
- 2 ears corn, cut into quarters
- White rice, to serve

Equipment ↓

- Knife
- Three bowls (one microwaveable)
- Measuring cups
- Mixing spoon
- Plastic wrap
- Food processor (if possible)
- Fork
- Small bowl
- Cutting board
- Vegetable peeler
- Large pot with lid
- Long-handled spoon

Directions↓

- ① Rinse the chicken and set on a platter.
- ② In a small bowl, mix the salt, pepper, cilantro, oregano, garlic and olive oil.
- ③ Rub the mix all over the outside of the chicken and let it sit for 10 minutes.
- ④ In the meantime, peel and chop the yucca or sweet potato and the onion. Set aside.
- ⑤ Heat a large pot over medium heat. Place the chicken in the pot.
- ⑥ Add the chicken stock and increase heat to high. Bring soup to a boil.
- ⑦ Reduce the heat and simmer, covered, over medium-low heat until the chicken is cooked through and soft.
- ⑧ Raise the heat to medium and add the yucca or sweet potato and corn.
- ⑨ Bring pot to a gentle simmer and cook, covered, until the yucca and corn are cooked through (approximately 10 minutes).
- ⑩ Serve with white rice on the side and add it into to the soup while eating.